

ABLE Bodies Participant Homework for Session 2

Flexibility

Do your own Seated Whole-Body Stretch. Start with the toes and work up through the whole body. Do the stretches you remember from class. Take time to notice how relaxing and enjoyable stretching feels. Here are the main areas to stretch.

- Toes and ankles
- Legs and hips
- Chest and shoulders
- Back
- Neck

Balance and Mobility

While seated in a comfortable chair, experience your world with your eyes closed.

- Rub lotion on your arms, hands, and feet, enjoying the fragrance and texture.
- Feel the shape of your hands, length of your fingers, and texture of your fingernails.
- Finger other objects in your environment: reach in your pockets, a drawer, or a fruit bowl. Try to identify the objects with your sense of touch or any other sense.
- Feel the floor with your feet. Can your feet decipher between carpet or hard floor?

Strength for a Purpose

- Do four to six Tall Sits.
- Do four to eight Thumb Rolls.

THUMB ROLLS

The Start

- Sit tall with shoulders over hips and abdominal muscles braced.
- Arms down to side and straight.
- Thumbs point in.

The Moves

- Roll thumbs in a circular motion, out to side and then backward until you feel the shoulder blades draw together.
- Squeeze shoulder blades together, tightly.
- Hold the position three to five seconds.
- Relax. Repeat six to eight times.

